



A MINUTE OF HEALTH WITH CDC

Keep Your Head in the Game

Brain Injury Awareness Month — March 2011

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Athletes often hear “keep your head in the game,” but sometimes it’s your head that takes you *out* of a game. Each year, approximately 135,000 sports- and recreation-related brain injuries occur in the U.S. The most common injury is a concussion, caused by a blow to the head or a jolt to the body that causes the head to jerk rapidly. The resulting damage can have long-term effects and, rarely, can be fatal. Athletes who’ve sustained a head injury should get it checked out immediately. If they have a concussion, they shouldn’t participate in sports again until cleared by a health care provider. Remember, a winning season is a healthy season.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.